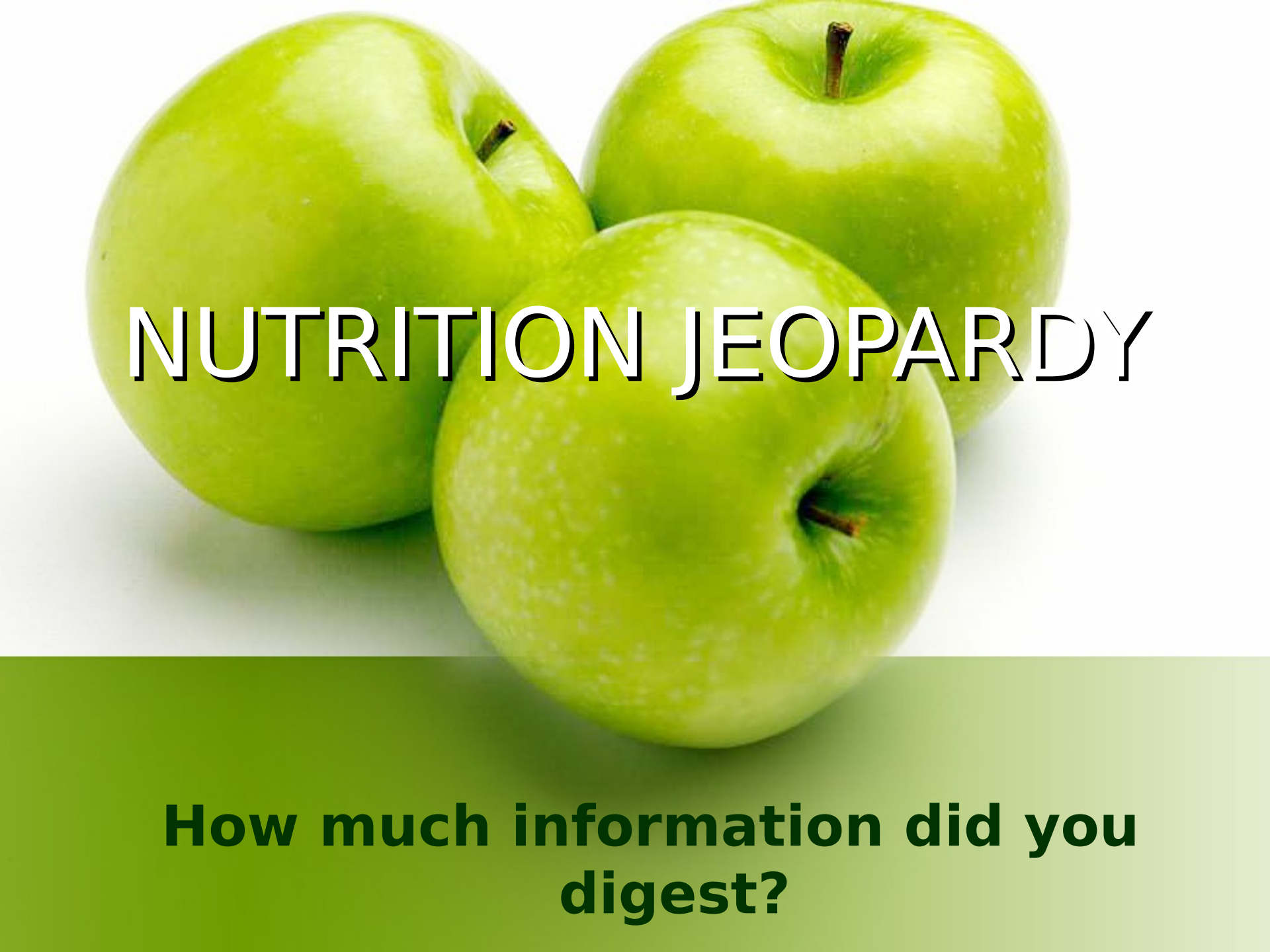

NUTRITION JEOPARDY

How much information did you digest?

Behavior Modification	My Pyramid	Physical Activity	Potluck
100	100	100	100
200	200	200	200
300	300	300	300
400	400	400	400
500	500	500	500

Behavior Modification - 100

Which of the following is not an effective reward for achieving a goal?

- **Movie**
- **Music CD**
- **BBQ Sandwich**
- **An afternoon off from work**

Behavior Modification - 200

People who are successful at managing their weight, set effective goals which are _____, _____, and _____.

1. **Specific**
2. **Realistic**
3. **Forgiving**

Behavior Modification - 300

What single action can one implement to avoid social cues that encourage undesired behaviors?

1. **Avoid / eliminate the cue**
2. **Change the environment**
3. **Separate the association of eating from the cue**

Behavior Modification - 400

Approximately how many minutes does it take for the brain to receive the message that you are full?

20 minutes

Behavior Modification - 500

What one thing can you do to help yourself eat less and not feel deprived?

1. **Eat slowly**
2. **Use small plates**
3. **Drink more non-caloric beverages**

MyPyramid - 100

How many food groups does MyPyramid have?

- 5

MyPyramid - 200

Name one leader nutrient in the Milk Group

- Calcium
- Potassium
- Vitamin D

MyPyramid - 300

What is considered 1 cup equivalent from the Fruit Group

- 1 medium fruit
- 1 c fruit juice
- 1/2c dried fruit
- 1 c sliced or cooked

MyPyramid - 400

What other foods are included in the Meat & Bean Group?

- Fish
- Poultry
- Nuts
- Seeds

MyPyramid - 500

MyPyramid recommends you make ____ of your grains whole.

- **½ of your grains**

Physical Activity - 100

To reduce the risk of chronic disease, one must exercise _____ minutes per day?

- 30

Physical Activity - 200

To manage body weight, it is recommended that one exercises at least _____ minutes per day.

- 60

Physical Activity - 300

To sustain weight loss, it is recommended that one exercises ____ minutes per day.

- **60 - 90**

Physical Activity - 400

What three types of exercises are recommended as part of a routine physical activity?

- Cardiovascular
- Stretching
- Resistance

Physical Activity - 500

How many days of moderate – intense physical activity is recommended daily?

- **Preferably, everyday of the week**

Potluck - 100

What percent of the current U.S. population is either overweight or obese?

- **65%**

Potluck - 200

A person with a BMI of 30 or greater is considered overweight?

- False

Potluck - 300

Name 2 risk factors associated with obesity?

- **HBP, High Cholesterol, DM, Stroke, Early Mortality, Gallbladder disease…**

Potluck - 400

Name a lifestyle that must be assessed before a weight loss plan can be created.

- **Meal pattern; Types of Food; Amount of Food; Eating Behavior; Inactivity**

Potluck - 500

Weight management is considered successful when one re-gains less than _____ pounds in _____ years and a sustained lowered waist circumference reduction of at least _____ inches.

- **7 pounds; 2 years; 2 inches**